



ACTIVITY AND CALORIE TRACKING SYSTEM



DISPLAY USER GUIDE

Quick Start

- 1 Set up your exerspy armband using the Start Here card that was included with your exerspy armband purchase.
- 2 Slide the armband onto your left arm and wait for it to power on, which may take up to 10 minutes. After the armband powers on, hold the mode and view button on the display until "Hello" is displayed.
- 3 Holding the exerspy display next to the armband, press and quickly release the status button on the armband to synchronize the devices.

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Package Includes



The exerspy™ display package includes one of each item pictured above:

- A. exerspy™ display - part number 100400
- B. exerspy™ display clip - part number 100398
- C. exerspy™ display watchband - part number 100401

The exerspy display is an accessory to the exerspy armband.
The exerspy activity and calorie tracking system works with the dotFIT Me online nutrition and fitness program.

How to Use Your Display

Important:

The armband must be personalized before the display will function properly. Refer to the exerspy armband Start Here! card.

Display Overview

The exerspy display (the “display”) is a convenient way for you to see up-to-the-minute information about your calories burned, steps taken, and physical activity duration (PAD). Information is transmitted every 60 seconds from the armband to the display for you to view as long as they are in sync.



The display has an LCD display and four buttons:

1 mode, **2 view**, **3 light** and **4 reset TRIP**.

Initial Synchronization

Before synchronizing the display, make sure the armband is on your left arm, powered on, and within 3 feet (1 meter) of the display. Hold down the mode and view buttons simultaneously until “HELLO” displays across the screen. Press and quickly release the armband status button when “PRESS ARMBAND BUTTON TO SYNC” appears. “Welcome” and your username will scroll across the display to indicating the units are synchronized.



If an armband is not within range of the display or has not powered on, it will display “ARMBAND NOT FOUND”. Repeat the above steps or go to www.dotFIT.com/exerspyhelp for more information. You can also call Technical Support at 877.436.8348.



Energy Information

Energy information on the display is reported in kcal. You can convert between kcal and kJ as follows. 1 kcal equals 4.2 kJ. For example:

kcal	200	500	2,000	2,500
kJ	837	2,092	8,368	10,460

Mode Functions

The Mode button, located on the top left, allows you to toggle between the different data modes being transmitted from the armband.

CALORIES Mode

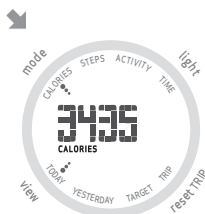
The CALORIES mode displays your energy expenditure values for the selected view (TODAY, YESTERDAY, or TRIP). The calorie value includes an estimate for periods when you did not wear the armband.

STEPS Mode

The STEPS mode displays how many steps you have taken for the selected view (TODAY, YESTERDAY, or TRIP). Your values presented are based only on steps counted while wearing the armband.

ACTIVITY Mode

The ACTIVITY mode displays your moderate and vigorous physical activity duration (PAD) for the selected view (TODAY, YESTERDAY, and TRIP).





How to Use Your Display (continued)

TIME Mode

The TIME mode displays the current time. This is set by the timezone you selected within the dotFIT Me Activity Tracker. In the TIME mode, the view button is disabled.



Achieving a Target

When you achieve one of your daily targets, your display will notify you with a series of beeps and a scrolling message with the details of which target has been reached. To stop the scrolling or beeping press the reset TRIP button once.

View Functions

The View button, located on the lower left, allows you to toggle between the different data views of each mode being transmitted from the armband. Pressing the view button advances the mode selection from (1) TODAY, (2) YESTERDAY, (3) TARGET, (4) TRIP.

TODAY View

The TODAY view shows the current values for calories burned, steps taken, and duration of physical activity so far today.

YESTERDAY View

The YESTERDAY view shows the total number of calories burned, steps taken, and duration of physical activity from the previous day.





TARGET View

The TARGET view shows the total daily targets for calories burned, steps taken, and physical activity duration.

TRIP View

The TRIP view enables you to measure your calories burned, steps or physical activity duration over a specific time period. It functions much like a trip odometer in a car. To set your trip, navigate to the TRIP view and hold down the reset TRIP button for 3 seconds (until it beeps). This will reset ALL of the current trip values to 0.

Light

The backlight button is located on the upper right of the display and is labeled “light”. Pressing this button will turn on the backlight for a few seconds so you can see the information on the LCD in low-light or no-light conditions.

Not in Sync

If data is not received from the armband for 5 minutes, the display will assume a “NOT IN SYNC” mode and revert to TIME mode. To re-sync the display and armband, press the mode button on the display and the status button on the armband.





How to Use Your Display (continued)

Using the display clip

The clip allows you to attach the display firmly to thin material.

Note: Never slide thick materials into the clip opening as it may strain and damage the clip.

1. To attach the clip to a desired area, gently lift the clip lever to open the clip mouth.
2. Slide the material you wish to attach to the clip between the upper and lower portions of the clip mouth. Push the clip lever back down to tighten and secure the clip.



Using the display watchband

The display comes with a watchband that allows you to wear the display on your wrist.

1. Remove the display from the clip by twisting the display counter clockwise and lifting up.
2. Place the display in the band cradle, with the logo facing the nine o'clock position. Make sure the display is firmly seated into the cradle evenly.
3. Twist the display into the watchband cradle clockwise until the two lines along the side of the display line up and it "locks" into position.





Care and Maintenance

You care for and maintain the display, clip, and watchband in the same way. Always clean and dry if they become noticeably moist or dirty. Failure to keep them clean or improper cleaning may irritate the skin and cause deterioration of the casing. To clean, gently wipe all surfaces with a soft cloth or towel moistened with mild soap and water. Wipe with a clean damp cloth to remove any excess soap. Never clean with solvents.

To disinfect, wipe with a soft cloth dampened with 70% isopropyl alcohol and allow to dry for 5-10 minutes before wearing. Always disinfect prior to use by others.

Water Resistance

The display is water resistant up to 30 meters.

Battery Replacement

The display comes equipped with a replaceable CR- 2032 coin cell battery. When the battery needs to be replaced, we recommend that you bring the display to a jeweler or watch vendor.

Note: Expected life of this battery under normal use is 6-12 months

Compatibility

The exerspy display is an electronic input/output device intended for use ONLY with the exerspy armband.

For more information and troubleshooting, please go to www.dotFIT.com/exerspyhelp or call Technical Support at 877.436.8348.

Important Information About the Display



Follow operating instructions



CAUTION



Non-ionized radiation



The Waste Electrical and Electrical Equipment Regulations indicates separate collection for electrical and electronic equipment



Tested to applicable safety standards.



Type B Applied Part



FCC Logo



CE (Conformité Européenne) mark



Battery orientation

Transmit Power Class 8 – Less than 10mW output power

Duty Cycle Class 4 – permitted to operate at 100% duty cycle

Receiver Class 3 – Standard reliable SRD communication media

Information on Proper Disposal of the Display

Attention: If you want to dispose of the equipment, please do not use the ordinary trash!

The product must not be disposed of with your other household waste. Instead, it is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for the recycling of waste electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal will help to conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment. For more information about where you can drop off your waste equipment for recycling, please contact your local authority, your household waste disposal service or the shop where you purchased the product.



Cautions

Always consult a physician before starting any new diet or exercise program. This system is not to be used for diagnostic purposes. This system is not intended as a substitute for the medical advice or supervision of your personal physician.

CAUTION: This product is not defibrillation proof.

CAUTION: Do not get the device close to other devices that can cause electromagnetic interferences of any nature.

CAUTION: EQUIPMENT not suitable for use in the presence of a FLAMMABLE ANAESTHETIC MIXTURE WITH AIR or WITH OXYGEN OR NITROUS OXIDE.

CAUTION: Medical electrical equipment needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided on pages 13 - 16. Portable and mobile RF communications equipment can affect medical electrical equipment.

CAUTION: The display should not be used in airplanes, hospitals or locations where cellular telephones and other electronic devices are prohibited.

CAUTION: Keep the display out of reach of children as the product contains removable parts which can become choking hazards.

CAUTION: Users with sensitive skin should avoid wearing the watchband excessively. If an irritation occurs discontinue use and consult your physician.

CAUTION: Replace your system's battery only with CR-2032 (or equivalent) 3V lithium coin cell battery to avoid risk of personal injury or physical damage to your equipment.

CAUTION: The battery may present a choking hazard for small children. Please keep the batteries out of reach of children.





Important Information About the Display (continued)

CAUTION: Though the display was designed for wearability and long-term use, it is a sensitive monitoring device. Rough handling can break internal components. Never drop or shock the display and always store it in a safe place when not in use.

CAUTION: Avoid exposing the display to extreme temperatures, direct sunlight, sand, or mechanical shock.

CAUTION: Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

CAUTION: If the display is dropped, ensure that it is working properly and not physically damaged before relying on readings.

CAUTION: Dispose of device in accordance with local, state, federal, or country specific regulations.

Product Specifications

- User-replaceable coin cell battery (CR-2032)
- RF Frequency: 2.4 GHz wireless communication interface
- Transmitter output power: <1mW
- Size: 40 mm diameter, height: 19 mm with clip
- Weight: 1.2 oz with the clip
- Materials: Nylon, polycarbonate, ABS, polyurethane, stainless steel, no latex
- Operating temperature/humidity: 0 C to +45 C (32 F to 113 F)/100%RH non condensing
- Storage temperature/humidity: 0 C to +45 C (32 F to 113 F)/100%RH non condensing





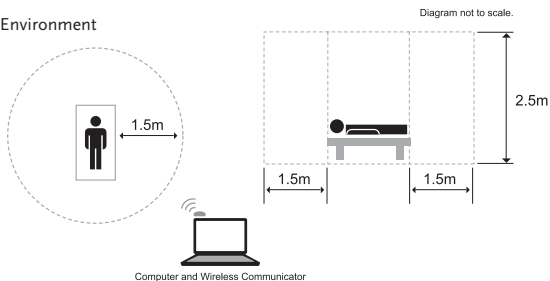
Accuracy

System (Per day, adults)

Information on the “Today View” of the display is within 5% of the values reported by the application for total calories, minutes of physical activity, and total step count.

Manufacturer's Declarations

Patient Environment



Guidance and Manufacturer's Declaration - Emissions


The display is intended for use in the electromagnetic environment specified below. The customer or user of the display should ensure that it is used in such an environment.

Emissions Test	Compliance	Electromagnetic Environment - Guidance
RF Emissions CISPR 11	Group 1	The display uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF Emissions	Class B	
Harmonics IEC 6100-3-2	Class A	
Flicker IEC 6100-3-3	Complies	

Guidance and Manufacturer's Declaration - Immunity			
The display is intended for use in the electromagnetic environment specified below. The customer or user of the display should ensure that it is used in such an environment.			
Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidance
ESD IEC 61000-4-2	±6kV Contact ±8kV Air	±6kV Contact ±8kV Air	Floors should be wood, concrete, or ceramic tile. If floors are synthetic, the r/h should be at least 30%.
EFT IEC 61000-4-4	±2kV Mains ±1kV I/Os	N/A	N/A
Surge IEC 61000-4-5	±1kV Differential ±2kV Common	N/A	N/A
Voltage Dips/ Dropout IEC 61000-4-11	>95% Dip for 0.5 Cycles 60% Dip for 5 Cycles 30% Dip for 25 Cycles	N/A	N/A
Power Frequency 50/60Hz Magnetic Field IEC 61000-4-8	3A/m	3A/m	Power frequency magnetic fields should be that of a typical commercial or hospital environment.



Manufacturer's Declarations (continued)

Guidance and Manufacturer's Declaration - Emissions			
The display is intended for use in the electromagnetic environment specified below. The customer or user of the display should ensure that it is used in such an environment.			
Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	N/A 3 V/m	Portable and mobile communications equipment should be separated from Display (195) by no less than the distances calculated/listed below: $D = (3.5/V1)(\text{Sqrt } P)$ $D = (3.5/E1)(\text{Sqrt } P)$ 80 to 800 MHz $D = (7/EI)(\text{Sqrt } P)$ 800 MHz to 2.5 GHz where P is the max power in watts and D is the recommended separation distance in meters. Field strengths from fixed transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment containing a transmitter symbol: 
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz		

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people





Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the display is used exceeds the applicable RF compliance level above, the display should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Display.

Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended Separation Distances for the Display

The Display is intended for use in the electromagnetic environment in which radiated disturbances are controlled. The customer or user of the Display can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF Communications Equipment and the Display as recommended below, according to the maximum output power of the communications equipment.

Max Output Power (Watts)	Separation (m) 150kHz to 80MHz $D=(3.5/V1)(\text{Sqrt } P)$	Separation (m) 80 to 800MHz $D=(3.5/V1)(\text{Sqrt } P)$	Separation (m) 800MHz to 2.5GHz $D=(7/E1)(\text{Sqrt } P)$
0.01	0.1166	0.1166	0.2333
0.1	0.3689	0.3689	0.7378
1	1.1666	1.1666	2.3333
10	3.6893	3.6893	7.3786
100	11.6666	11.6666	23.3333

For transmitters rated at a maximum output power not listed above, the recommended separation distance in meters (m) can be determined using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.





Regulatory Statement

FCC Declaration of Conformity – We, BodyMedia, Inc., 4 Smithfield Street, 11th Floor, Pittsburgh, PA 15222, phone: 412-288-9901, declare under our sole responsibility that the products, BodyMedia, Inc. and BodyMedia® Display Model DD100 complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit separate from the receiver.
- Consult the dealer or an experienced radio/TV technician for help.



CAUTION: Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

CENELEC EN 60601-1-2 - 2001 - Medical electrical equipment Part 1-2: general requirements for safety - collateral standard: electromagnetic compatibility - requirements and tests IEC 60601-1-2: 2001





CENELEC EN 60601-1-1 - Medical electrical equipment - Part 1: general requirements
CAN/CSA-C22.2 No.606.1-M90

ETSI EN 301 489-1 - Electromagnetic Compatibility and Radio Spectrum Matters (ERM); ElectroMagnetic Compatibility (EMC) Standard for Radio Equipment and Services; Part 1: Common Technical Requirements V1.3.1

ETSI EN 301 489-3 - Electromagnetic Compatibility and Radio Spectrum Matters (ERM); Harmonized EN for ElectroMagnetic Compatibility (EMC) of Radio Comms. Equipment and Services.; Pt. 3: Specific Conditions for Short-Range Devices (SRD) Operating on Frequencies between 9 KHz and 40 GHz

ETSI EN 300 440-1 V1.3.1 (2001-07) Electromagnetic compatibility and Radio spectrum Matters (ERM); Short range devices; Radio equipment to be used in the 1 GHz to 40 GHz frequency range

FCC 47CFR 15C TCB - 47 CFR Part 15 Subpart C Intentional Radiator Certification Test

FCC 47CFR 15B cA - 47 CFR Part 15 Subpart B Unintentional Radiators Class A Verification

UL 60601-1 - UL Standard for Safety Medical Electrical Equipment, Part 1: General Requirements for Safety First Edition.

Copyright, Patent and Trademark Notices

PATENT NOTICE: The Armband, Display and Wireless Communicator are covered by one or more of the following patents: United States Patent Nos.: D439,981, 6,527,711, 6,595,929, 6,605,038, 7,020,508, 7,153,262, 7,261,690, and 7,285,090; European Patent Nos.: 1,292,217, 1,292,218; Canadian Patent No. 2,413,220; S. Korean Patent No. KR 10-0831036 and 10-0821945; Israeli Patent No. 153516; Japanese Patent No. JP 4,125,132; Mexican Patent Nos. MX 242292, 236870, 250153, 245862; and various worldwide patents pending. This notice is accurate as of August 15, 2008. For latest information please see www.bodymedia.com.

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